I was born and raised in Richmond, Virginia. I went to UVA, graduating Phi Beta Kappa. I had no idea what I was going to do with my life, so I hung around and got an MA, and M. Ed. and even finished the course work for a Ph.D. But I never finished my dissertation (actually, I never started one: my attention span isn't that long).

Still not knowing what I wanted to do with my life, I took a job teaching at Virginia Commonwealth University, where I taught for 20 years, both full time and in the night school.

From academia, I drifted into market research, which proved a good fit. For 25 years, Rebecca Day and I ran Kinzey & Day Qualitative Research. We had a good run, working for clients such as Hilton, Disney, Anthem, and various universities.

The poems in this collection were written over those 25 years, in moments stolen from teaching, work, rugby and parish commitments – moments in and out of time.